

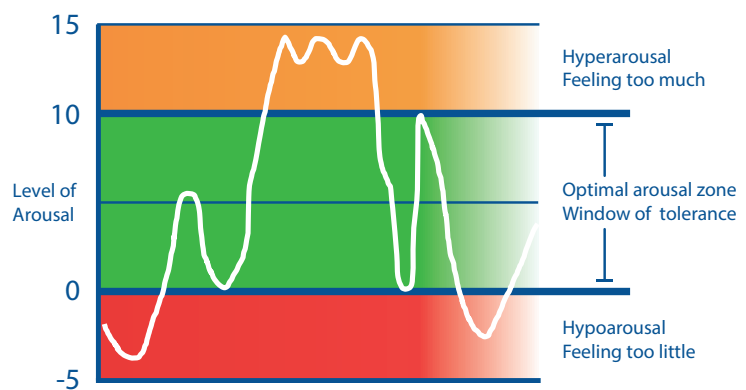
THE WINDOW OF TOLERANCE

'STAYING IN THE GREEN ZONE'

What helps you calm down when you are hyperaroused (the amber zone)?

What helps bring you back up from being hypoaroused (the red zone)?

What does it feel like to be within your window of tolerance (the green zone)?



Window of Tolerance, adapted from Ogden et al., 2006; Siegel, 1999; and Van der Hart et al., 2006.



PODS
Positive Outcomes for
Dissociative Survivors